

Lead Fact Sheet

Mississippi State Department Of Health

What is lead?

Lead is a heavy metal that can be found in many sources.

Lead is found in:

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| <input type="checkbox"/> Lead-based paint | <input type="checkbox"/> Imported/vinyl/plastic mini-blinds bought before 1997 |
| <input type="checkbox"/> Soil and dust | <input type="checkbox"/> Keys |
| <input type="checkbox"/> Tap water | <input type="checkbox"/> Batteries |
| <input type="checkbox"/> Glazed pottery | <input type="checkbox"/> Imported canned foods |

Protect your child from lead:

- ☐ Clean your child's hands with soap and water or baby wipes after playing outside and before meals.
- ☐ Keep your child from eating paint chips, dust or dirt. Keep children from touching window troughs (wells) in old homes and outside surfaces (steps and porch floors) near old homes. Use a wet mop or wet cloth with an all-purpose cleaner to clean areas of dust or chipped paint on window sills, interior floors, porch floors, ledges and outside steps. Keep children's hands and toys off these areas. Surfaces that children touch often should be smooth and easily cleaned. Vinyl floor coverings are the easiest to keep clean.
- ☐ If someone in the household works around lead, such as in a battery plant, take special measures to avoid bringing lead dust into the home.
- ☐ Wash your child's toys often.
- ☐ Give your child a diet rich in vitamin C, calcium and iron. Some good sources are milk, oranges, tomatoes, green leafy vegetables, bread, cereal and meat.
- ☐ Have your home checked for lead before you remodel. Do not scrape or sand lead-based paint.

Is lead harmful?

Yes, an excessive amount of lead in the body can cause learning and behavior problems. Lead can also cause serious health problems, even death.

Signs or symptoms of possible lead poisoning:

Often the danger of lead is hard to see. Signs of damage sometimes show later. Some symptoms include

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| <input type="checkbox"/> irritableness | <input type="checkbox"/> unexplained seizures |
| <input type="checkbox"/> restlessness | <input type="checkbox"/> developmental delay |
| <input type="checkbox"/> frequent tiredness | <input type="checkbox"/> growth failure |
| <input type="checkbox"/> nausea | <input type="checkbox"/> hearing loss |
| <input type="checkbox"/> behavior disorder | <input type="checkbox"/> learning problems |

Is your child at risk for lead poisoning?

- ☐ Does your child live in or regularly visit an old house, one built before 1960?
Was your child's day-care center/pre-school/baby-sitter's home built before 1960?
Does the house have peeling or chipping paint?
- ☐ Does your child live in a house built before 1960 with recent, ongoing, or planned renovation or remodeling?
- ☐ Has your child or any playmate had lead poisoning?
- ☐ Does your child frequently come in contact with an adult who works with lead? Examples are construction, welding, pottery, car and truck radiator repair, working with cable wire, and working at a recycling center.
- ☐ Does your child live near a lead smelter, battery recycling plant, or other industry likely to release lead?
- ☐ Do you give your child any home or folk remedies which might contain lead?
- ☐ Does your child live near a heavily travelled major highway?
- ☐ Does your home's plumbing have lead pipes or copper with lead solder joints?
- ☐ Are there imported/vinyl/plastic mini-blinds manufactured before 1997 in your home?
Blinds manufactured before 1997 are likely to have lead. Lead dust on these blinds can accumulate on window sills, the tops of chair and sofa backs and on other surfaces under the blinds.
- ☐ Does your child play with keys?
- ☐ Are there lead fishing sinkers in your home?

If you answered "yes" to any of the questions above, please discuss the possibility of lead poisoning with your child's physician or the nurse at the local county health department.



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